

SHIGELLA

Highly contagious diarrheal illness



SHIGELLA CAUSES DIARRHEA, FEVER, AND

Shigella is a germ that spreads easily and causes:



- Diarrhea (may be bloody)
- Fever
- Stomach pain
- Dehydration (e.g., dry mouth, dark yellow urine, dizziness)



CONTACT A HEALTHCARE PROVIDER FOR TESTING & TREATMENT IF YOU THINK YOU MAY HAVE SHIGELLA.

HOW SHIGELLA SPREADS

Shigella germs can spread through tiny, invisible bits of poop (stool) that people touch and then accidentally ingest. These germs can also contaminate food and water. **This can happen when someone has *Shigella* and:**



Doesn't wash their hands after using the toilet.



Prepares food for others.



Contaminates water.



Has sex.

HOW TO AVOID GETTING IT & SPREADING IT

Anyone who is suspected to have *Shigella* should not work in food handling, patient care, or in childcare settings until they've been tested for *Shigella* by a healthcare provider. If you **have** *Shigella* and work in these occupations, you must be cleared by Public Health before returning to work.



Wash hands frequently with soap and water, especially after using the toilet, before cooking or eating, after changing diapers).



Don't prepare food for others while ill with diarrhea.



Avoid swallowing water from ponds, lakes, or untreated swimming pools.



Avoid having sex (vaginal, anal & oral) for at least one week (longer is better) after your partner recovers

WHO IS MOST AT RISK

- Men who have sex with men
- People with weakened immune systems from illness or medical treatment
- Travelers to developing countries
- People living homeless
- Young children

TO REPORT SHIGELLA:

If you are diagnosed with shigella infection, your doctor will send a report to the County Health and Human Services Agency. To report Shigella in San Diego County, call:

(619) 692-8499

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